

COLDPRESSED

the Good Oil



50% LESS
SATURATED FAT
THAN OLIVE OIL

IDEAL FOR FRYING,
ROASTING, DRESSING
AND BAKING

GROWN
AND PRESSED IN
NEW ZEALAND

THE GOOD SMOKED SALMON, ASPARAGUS AND CARAMELISED ONION TART WITH EASY GOOD OIL PASTRY

150g smoked salmon pieces
12 small asparagus spears. If large cut in two.

2 medium onions finely sliced
4 Tbsp THE GOOD OIL
2 Tbsp balsamic vinegar
4 eggs
 $\frac{3}{4}$ cup cream
1 tbsp fresh herbs (eg dill) optional

Pastry base:-

$\frac{3}{4}$ cup self-raising flour
 $\frac{3}{4}$ cup plain flour
 $\frac{1}{4}$ cup THE GOOD OIL
 $\frac{1}{4}$ cup lukewarm water
Pinch of salt - optional

In blender, or by hand, mix water and THE GOOD OIL into flour until just combined. Wrap in cling film and chill for 1-2 hours.

Heat 2 Tbsp THE GOOD OIL in pan add onions and a pinch of salt. Cook gently until well softened and golden. Add balsamic and cook for 5 more minutes. Cool.

Coat asparagus in 2 Tbsp THE GOOD OIL. Cook gently in a pan for about 5 minutes. Until just cooked but still with some crunch. Season with salt and pepper.

Roll out the pastry and line a 24cm loose bottom dish.

Cover the base with onion and arrange asparagus evenly over the top. Cover with the salmon pieces.

Beat eggs and cream, add herbs. Pour over the onion, asparagus and salmon.

Cook at 180C for about 25 minutes, or until the top is brown and egg mix set.